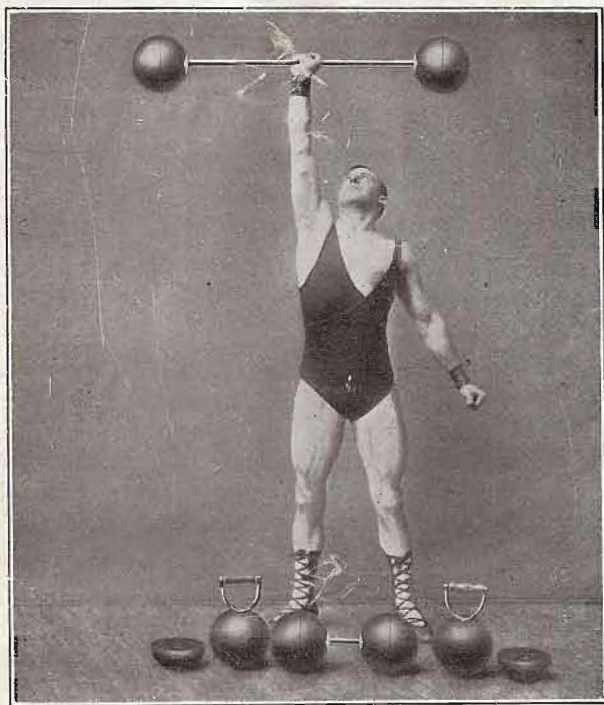


The Second Progressive Course of Instructions



Specially Arranged for Pupils of

The Milo Bar Bell Company

MILO BAR BELL SYSTEM
PHILADELPHIA, PA.
507 N. PHILA. P. O.
PHILA. PA.

VERY IMPORTANT - READ THIS

The exercises of the Second Course are to be considered of an advanced nature, and should not be practiced until the pupil has spent considerable time at the practice of our Regular First Course of Body Building exercises.

In many cases pupils are advised to report for the Second Course in two months after enrolling in the First Course. However, it is generally advisable to wait an additional month before starting on these exercises.

Do not become too ambitious, but make certain to keep fairly well within your strength limit at all times.

The First Course must not be discontinued entirely but should be alternated with the present set of movements. Follow your special letter of instruction for advice on this matter.

NOTE:—The weight of the handle bars must always be included when computing your exercise poundages. Our five foot steel bars weigh fifteen pounds: the short steel Dumb-bell handle weighs six pounds: the Kettle Bell handles weigh about $1\frac{1}{2}$ pounds each.

The long pipe handle bar, furnished with the 100 pound set, weighs five pounds: the short pipe Dumb-bell handle weighs two pounds: Kettle Bell handles about $1\frac{1}{2}$ pounds each.

To make our meaning more clear; if we advise you to use 35 pounds in an exercise, you should put a ten pound plate on each end of your long steel bar, etc.

"The Weight Lifter" Magazine

EDITED AT

JIM EVANS' GYM

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"We Build Apparatus That Builds Men"

Printed in the U. S. A.

Chest-Expanding and Shoulder-Developing Exercise:

With a Pair of Kettle-Bells



Exercise No. 1

Curl the weights to the shoulders, then turn the wrists so that the weights rest on the back of the forearms, as shown in Figure 1. Push right hand aloft, and then, as you lower the right hand, push the left hand aloft. KEEP BOTH ARMS WORKING at the SAME time, but in opposite directions.

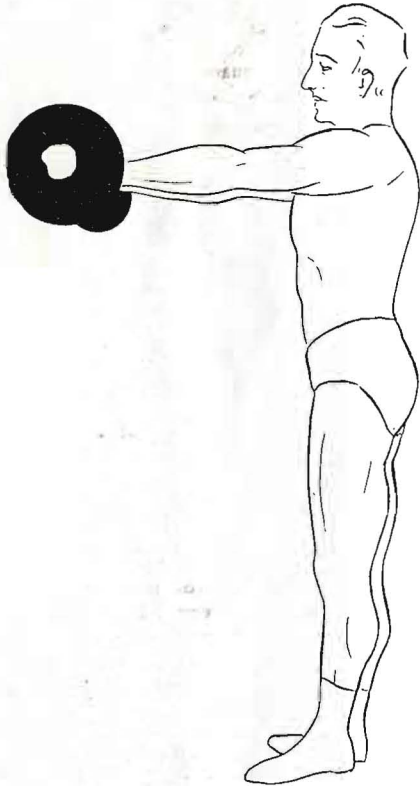
Every time the weight goes aloft, reach as high as possible, and as the weight comes down, bring the elbow as far down and as far backwards as you possibly can. If you get this movement correctly, you will feel the great muscles on the points of the shoulders, and on the broad of the back flexing vigorously.

Exercise No. 2

For Forearms and Deltoid Development

Breathe in as the right arm goes up; breathe out as the left arm goes up. This exercise is a splendid developer for the muscles on the shoulders and broad of the back. It also tends to greatly expand the chest and give increased lung room.

Examine Figure 1. and make sure that you are holding the kettle-bells in the CORRECT MANNER. Note that the athlete does NOT allow the wrists to bend backwards so that the kettle-bells rest against the elbows. If you bend



Exercise No. 2

the wrists backwards, the kettle-bells hang down so far that they interfere with the bending of the arms; therefore, bend the wrists FORWARD, and this will make the kettle-bells rest against the back of the forearms. The proper grip is best shown in the left hand of the athlete in Figure 1.

This exercise is a splendid all-round developer when done right, and makes the effort felt all over the body, but principally on the forearms and deltoids. Not very much weight can be handled in this case, and any attempt to do so is discouraged.

Take the bell in both hands with the overhand grip, with the bell hanging down at arms' length in front, across the thighs. The whole figure must be kept erect with knees locked and back straight. Now you are ready to commence the exercise. Curl the hands upwards from the wrist as much as possible; that gives you better control of the weight. Begin to breathe in and very slowly begin to raise the bell with a straight arm in a circular movement until it is at a level with the shoulders, where you stop in the position as in the illustration, thus making the movement in quarter-circle. From this angle you slowly lower the bell, breathing out as the weight descends.

Do not allow the body to bend backwards from the waist when raising the bell or lowering, or the effort is all lost, and no value gotten where it is mostly required.

Exercise No. 3

"One of the Best"

Here is an exercise that has many cardinal values; apart from being great as a thigh developer, it is splendid in teaching you how to control your balance. To any one who is interested in excelling at weight lifting, they will find it one of the most valuable exercises known, as it teaches a pupil the art of "getting under" a weight.

You stand erect with the weight at the shoulder, with the feet a comfortable distance apart so you are better able to control your balance. Then begin to breathe in, and at the same time you have two separate movements to think of; you have to begin to press the weight to arm's length overhead, and at the same time bend the knees until you assume the squat. When you are at the limit of the "squat" or deep-knee bend, you will be almost sitting on your heels, and at the same time the bell should be at the limit of the extent of the arms' length overhead, as in the illustration. The bell must NOT be pressed to arms' length after or before the full squat is made; both actions must work in unison as explained.

When in position as shown, you still keep the bell at arms' length and slowly raise, and when you are erect you lower the bell to the shoulders, and breathe out, BUT NOT UNTIL YOU ARE ERECT must the bell be lowered.



Exercise No 3

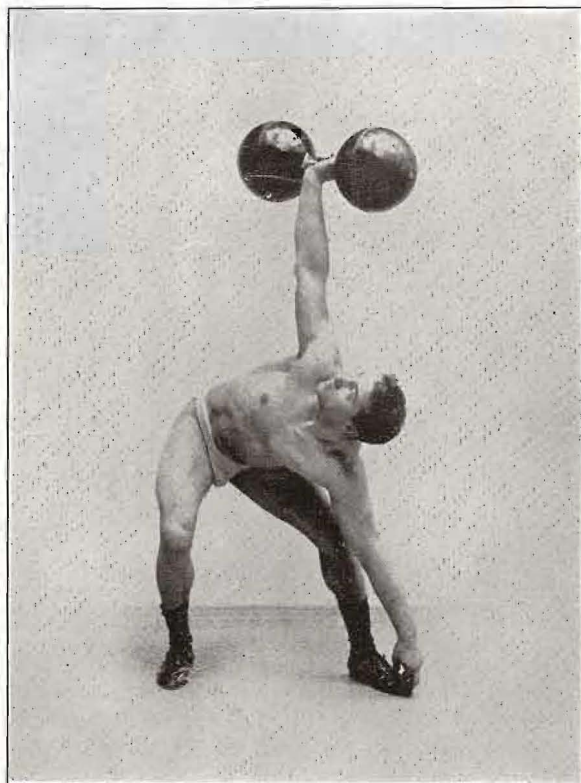
When holding the bell in the left hand, the left leg must be rigidly straight and all the bending done with the RIGHT leg, and the weight of the body must be thrown on the bent leg.

Start with three repetitions, every third day one time more, until six times; then increase the weight of the bell 5 pounds, and start again at three repetitions, etc.

Also note the **WRONG** way of performing the exercise. If you will look at the picture of the wrong position you will see the athlete has allowed both legs to bend at the knees, and by doing this he has converted a splendid side exercise into a very poor leg exercise.

Note—In Exercise No. 6 it is impossible to specify the exact distance between feet. The taller the man the further the feet must be apart.

Use from 25 to 50 pounds to start with depending on your strength.



Exercise No. 6
Wrong Position

The Two Hands Dead Lift For The Shoulders, Arms and Legs.

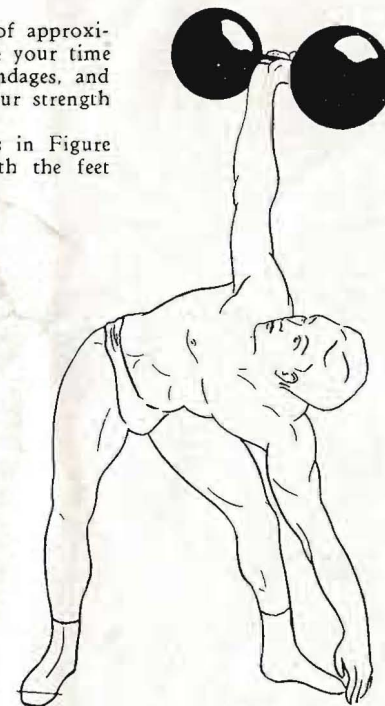
Start this exercise with a bell of approximately your own bodyweight. Take your time in working up to really heavy poundages, and you will be sure to keep within your strength limit at all times.

You take up your position as in Figure 7-A, standing close to the bar with the feet together, and flat upon the floor.

Squat down as much as you can and grasp the bar with the hands "between" the legs. Just as the picture shows. The most important part of this exercise is to keep the back flat with the arms straight, then slowly arise to the erect position using your leg and back strength. Do not allow the buttocks to raise first. This will throw your back out of the correct position. You simply stand with leg force, keeping the same position of the back that you commenced with so that at the conclusion of the exercise you will be in the position of Figure 7-B.

When replacing the bell on the floor, try and lower yourself into the same position as you commenced with. Never replace the bell by leaning forwards with a round back or with stiff legs.

Commence the exercise with five repetitions and add one movement every third practice night until ten repetitions are made. then add ten pounds and commence again with five repetitions.



Exercise No. 6
Right Position

Exercise No. 8.

FOR BICEPS DEVELOPMENT

If you have been using 80 pounds in Regular Exercise No. 1, load two kettle bells to 35 pounds each. That is, always have the kettle bells about 5 pounds lighter each than half of the combined weight you have been using in Regular Exercise No. 1.

Stand erect with the kettle bells hanging at arm's length by the sides, with the knees locked and back held straight. The palms of the hands must face directly forward. Do not grip the handles too strongly and curl the hands at the wrists so the handles can rest within the hand. Now begin to curl one weight to the shoulder alternately. Raise the bell just as high as possible. Do

not bend backwards from the waist. By all means do not allow the elbow to travel backwards, by doing so you merely shorten the distance to the shoulder and only employ a minor biceps contraction. Keep the elbow perpendicular with the floor.

As one weight is curled, you immediately begin to lower the same weight, and start curling the other.

Keep the movements going all the time. Start with five repetitions and increase one repetition every third practice night, then add $2\frac{1}{2}$ pounds to each kettle bell and start again with five repetitions.

Exercise No. 7-A.



Exercise No. 9.

For the development of the Forearm and Grip

Stand in position as shown, hold heavy dumb bell between the knees in right hand; knees slightly bent. Straighten the legs, let go of bell with the right hand and catch it in the left hand. As the left hand grasps the handle of the bell, ease off the shock by bending the legs slightly and regaining first position. Repeat this movement, shifting the bell from hand to hand until you have gripped the handle 25 times with each hand. Throughout the exercise the arms should be perfectly straight. The



Exercise No. 7 B.

strain is divided between the muscles of the thighs, the trapezius muscles on the sloping part of the shoulder, and the gripping muscles of the forearm.

We know of no other exercise which will give as strong a grip as this one. The sudden forceful contraction of the fingers in seizing the falling bell develops the forearm muscles to the utmost. After a couple of week's practice you should be able to use a 100-pound dumb bell in this exercise. Remember that the back is kept straight; all the bending is done with the knees and that the arms are kept straight.

Special Method of Shouldering the Bar Bell

To Be Used in Our Regular First Course

Assume position as in Figure A with bar bell standing on box. Now squat down to position as in Figure B, allowing bell to rock over onto shoulders. You may then practice the deep knee bend. To take bell off shoulders, simply reverse the procedure. This was introduced in America by Henry Steinborn, a famous German strong man.

Exercise No. 10.

For the Development of the Deltoids

Take a kettle bell of moderate weight in either hand and raise them both to arms' length overhead. Keep the body erect, with the feet just wide enough apart to maintain a steady balance. Keep the arms perfectly straight and then begin to lower them together from the overhead position. Keep the palms of the hands upwards all the time and endeavor to curl the hand at the wrist inwards to the forearms. Otherwise your hands will sag downwards. The curled fist calls the forearm muscles into action and gives better co-operation. Allow the arms to travel directly sideways and when they have reached the level of the shoulders stop. Hold them there for a second or two, then bend the arm at the elbow and push the weights to arms' length, repeating the exercise five times, increasing one repetition every third practice night until ten repetitions are made then increase each bell $1\frac{1}{4}$ pounds.

Use your own discretion as to how much weight you should handle. Fifteen pounds is enough to commence with unless a pupil is heavy or quite strong.



Exercise No. 8.

Exercise No. 11 - For CALF DEVELOPMENT

Place a bar bell behind the neck as in Regular Exercise No. 4, using the same amount of weight as you are using in Regular Exercise No. 4.

Stand with the feet far enough apart to give you balance, but turn the toes inwards as much as you can. Then rise slowly upon the toes as high as possible, keeping the knees locked throughout the performance, as in Figure 11. When you are at the limit of height upon your toes, hold the position for three or four seconds, concentrating strongly upon the calf muscles. This will bring out the calf development forcibly, particularly on the inside of the calf.

Perform this exercise with ten repetitions to commence with, increasing two movements every third practice night until thirty repetitions are made, then increase weight of the bell ten pounds.

Exercise No. 12.

(Use bell at same weight as Exercise No. 4 of First Course.)

Grasp the bar bell with the *over-grip*, stand with the heels touching and knees touching; toes turned slightly outwards. Bend down and lower the bell as in Figure No. 12, and then straighten up again, lifting the bell as high as the hips. The arms are NOT bent during this exercise; you lower and raise the bell by leaning the *body* over and straightening up again.

Start this exercise gently. The first couple of times you bend downwards, lower the bell only about halfway between the knees and the ankles, and each successive time you lower the bell try to go a little further down. You should secure a strong, low stool, a block of wood 6 inches high, or else a very large, thick book, and you should stand on it when performing this exercise.

The bending and straightening movements develop the muscles which run along the spine, the muscles of the buttocks, the under sides of the thighs, and even the muscles on the calves of the legs.

After the muscles become more flexible, you will be able to lean further and further over until the handle of the bell will actually pass the toes. The further you bend over, the more you feel the muscles working along the back and the legs. Repeat this up-and-down motion 10 times.



Exercise No. 9.

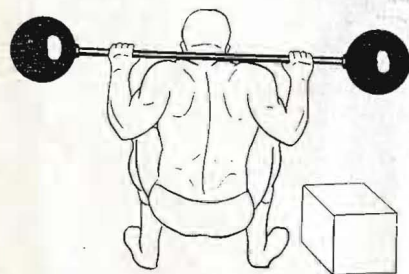


Figure B.

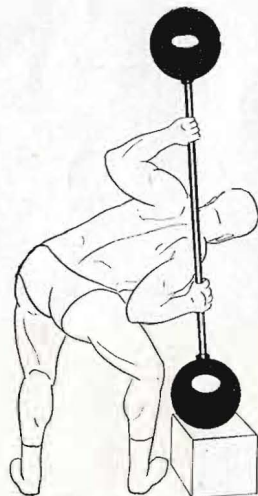


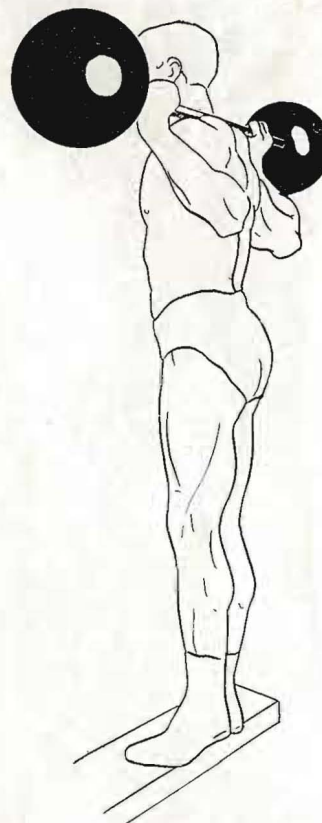
Figure A.

The muscles developed by this exercise are very important to the lifter. A man with well-developed muscles on the small of his back, a firm, well-rounded pair of buttocks, and swelling, shapely muscles on the under side of his thighs, is sure to have a splendid erect carriage of the body, and to be possessed of a great deal of energy and vigor.

The thing to be observed in this exercise is to keep the legs *straight and stiff*, and *never* to allow them to bend at the



Exercise No. 10.



Exercise No. 11.

knee. The minute you allow the legs to bend at the knees, you spoil the whole effect of the exercise.

Increase 2 repetitions every third day until you reach 20 repetitions, then add 10 pounds and start again at 10 repetitions, etc.

Exercise No. 13.

With dumbbell to develop the biceps muscle.

Stand with feet a few inches apart. Grasp dumbbell in your right hand. Stand a moment with the arm hanging straight, and then raise the bell to the shoulder by the strength of the biceps muscle. You will raise more weight if you will rest the right elbow against the right hip, and lean the body slightly backwards. It will also assist, if, at the start of the movement before the bell leaves the thigh, you twist the bell into position as shown. You will twist the wrist *inwards*, so that the little finger will be close to the wrist, and the tip of the thumb pointing straight out in front of you. The dumb-bell instead of being crosswise, will now point almost front and back, and will be a couple of inches nearer the elbow than it is when you hold the wrist perfectly straight.

Now bend the arm at the elbow and raise the weight slowly to the shoulder.

This exercise will develop not only the biceps of the upper arm, but also the muscles on the inside of the forearm; and the more you twist the wrist inwards, the more you will develop the forearm muscles.

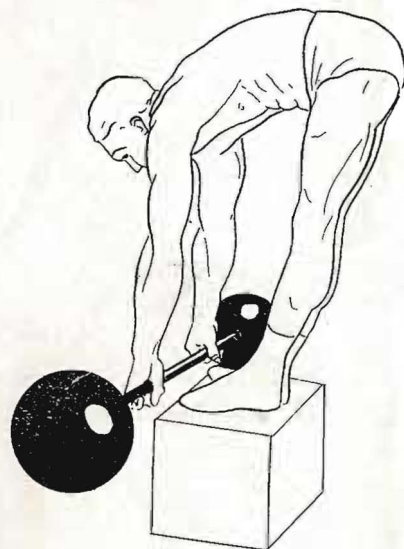
Lower the bell slowly to the hip, and repeat as often as you comfortably can, but don't tire yourself out.

The weight in this exercise should be a little more than half as much as you use in *Regular Exercise No. 1*. There is no special schedule for increasing the weight. Of course, after you are through with the right arm, exercise the **LEFT** arm.

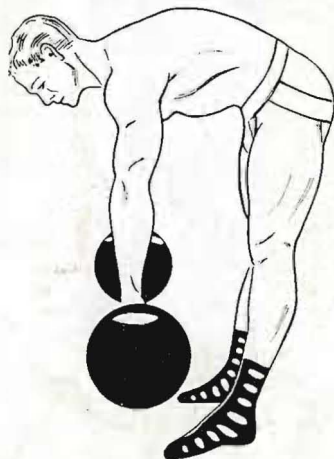
Exercise No. 14.

For Development of the Abdomen

In our course of developing exercises, we give three different exercises for the



Extreme Position of Exercise No. 12.



Exercise No. 12.

abdominal muscles. Two of these exercises were performed without any weights.

The third exercise, *Regular No. 9*, was performed with a light bar bell held at the back of the neck. This **ADVANCED** exercise is much more severe, because the body is arched backwards at the beginning of the movement and the abdomen muscles are stretched to a much greater extent than when the exercise is performed while lying flat on the floor, as in *Regular Exercise No. 9*.

First, select a strong chair, bench or stool. Assuming that you are going to use a chair, sit crosswise on the

seat. If you have two bar bells place one across the instep to prevent the feet leaving the floor. If you have only one bar bell you can put the feet under the edge of the bureau or bed, but the piece of furniture selected must be heavy enough to keep the feet from moving. A light bar bell should be laid on the floor behind you, lean backwards until you are in position, grasp the bar bell with both hands, pull it across the face to the **CHEST** and then slowly bring the body upwards until you are sitting erect in the chair.



Exercise No. 13.

Before trying this exercise with the bell, you will be wise to practice it without any weight at all. When you can lean backwards, touch the head to the floor and come to an erect sitting position and repeat ten times without undue effort, you are then ready to attempt the feat with a light bar bell.



Exercise No. 14.

Leighton Collection

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An Important Note



Concerning poundages and repetitions. You must use your own judgment to some extent. The best plan to follow is to use weights fairly well within your strength limit. Add to the counts every two weeks, and to the poundages every six or eight weeks. It is best to use a moderate amount of repetitions, rather than too few or too many. On arm and shoulder movements, average between six and twelve counts, and twice that number on leg and back movements.

Exercises 1 and 3 are exceptions to this rule; Exercise No. 1 should be repeated twelve times with each arm, working up to twenty-four; Exercise No. 3 can be performed between five and ten times.

Most of the exercises have specific instructions on this point, but if any doubt exists in your mind write to the Instructor of THE MILO BAR BELL CO.

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